

CENTER OF GRAVITY GAZETTE



NEW BOSTON'S MONTHLY SENIOR CITIZEN NEWSLETTER



November 2017



November brings the start of the holiday season. The air turns crisp and we might even see a few white flakes appear. This issue is packed with activities to keep you warm & moving, and with opportunities to gather with friends, as we head towards winter.

HELLO SENIORS!

November Senior trip—The Christmas Tree Shop/LL Bean Outlet and Lunch, **November 14, 9:30am**. We will be traveling to Nashua to shop and have lunch at The Peddler's Daughter. See page 5. Please contact Sheri at 603-487-2880 to sign up.

ZENgevity classes are on Wednesday mornings here in the Rec Dept. Building. Come on down and get moving! More info, times and cost on page 9.

The **Whipple Free Library** has a packed month of activities to join in on. Just added is a Wool Rug Braiding class on Wednesday Mornings at 10am. For more on these programs and all the WFL happenings please turn to pages 8 & 9.

There are 2 scheduled **Craft Fairs** this month. The Annual Holiday Bazaar at the NBCC will be on Saturday, November 18 from 9am to 2pm. Info on Page 10. The Farmers Market Holiday Craft Fair is at the Whipple Free Library on Saturday, November 25 from 9am to 2:30pm. More info on page 10.

Mark your calendars! The Sarah Moody Scholarship Spaghetti Supper will be held on Saturday, November 18 from 5pm to 7pm. See page 11 for all the details!

Senior Lunch—Thursdays, 11 am. The menu is on page 5.

Christmas Tree Lighting and S'mores with Santa! This year we will be combining our tree lighting with a visit from Santa. **Save the date—December 3rd 4-6pm**. Enjoy a choral sing-a-long and make your own S'mores at our S'mores Station with Firepits to roast them. Santa will be in the Old Engine house to greet children of all ages. We will have a "Make an Ornament" table. Kids can put their ornament on the Town Christmas Tree in the Gazebo or take it home. We will light the tree at 6 pm and enjoy the sounds of the NBCC Choir. At this community gathering there will be lots of hot chocolate to enjoy too. More info to follow, please check our website and Facebook page in the coming weeks!

Have a wonderful Thanksgiving!

Michael Sindoni, m.sindoni@newbostonnh.gov

Sheri Moloney, s.moloney@newbostonnh.gov

www.newbostonnh.gov/recreation ~ 603.487.2880

Inside this issue:

BIRTHDAYS	2
SENIOR LUNCH MENU	
NOVEMBER CALENDAR	3
CROSSWORD PUZZLE	4
SENIOR TRIPS	5
SUDOKU PUZZLE	6
A LITTLE LAUGH	
FOOT CARE CLINIC	7
HYMN SING	
HELPING HANDS	
WF LIBRARY NEWS	8
WFL CONTINUED	9
ZENGEVITY	
FARMERS CRAFT FAIR	10
HOLIDAY BAZAAR	
GIVING TREES	11
SPAGHETTI SUPPER	
WORD SEARCH	12
NB HISTORICAL SOCIETY	13
PHOTOS	



My heroes are those who risk their lives every day to protect our world and make it a better place ~ police, firefighters, and members of our armed forces.

-Sidney Sheldon

Happy
Birthday



October Birthday Celebration at NBCS Senior Lunch for Theresa Berkins & Frances Towne.

- 6 — Leona Collins
- 6 — Chip Young
- 9 — Sylvia Chandler
- 13 — Dave Jackson
- 16 — Jay Marden
- 19 — Lawrence Daley Sr.
- 20 — Robert Whitman
- 23 — Irma Ranfos
- 26 — Gerald Margerom
- 27 — Shirley Kissel
- 30 — Pat Henderson



Senior Lunch

The NBCS Café serves lunch to our Seniors every Thursday at 11am during the school year. The cost of lunch is \$2 or what ever you would like to contribute. This meal is generously subsidized by St. Joseph Community Services. After lunch some of the Seniors meet in the Recreation Office for Bingo and UNO.



**Nov 2 Cheeseburger Hot Pocket or Popcorn Chicken Salad
Green Beans and Choice of Fresh Veggies & Fruits**

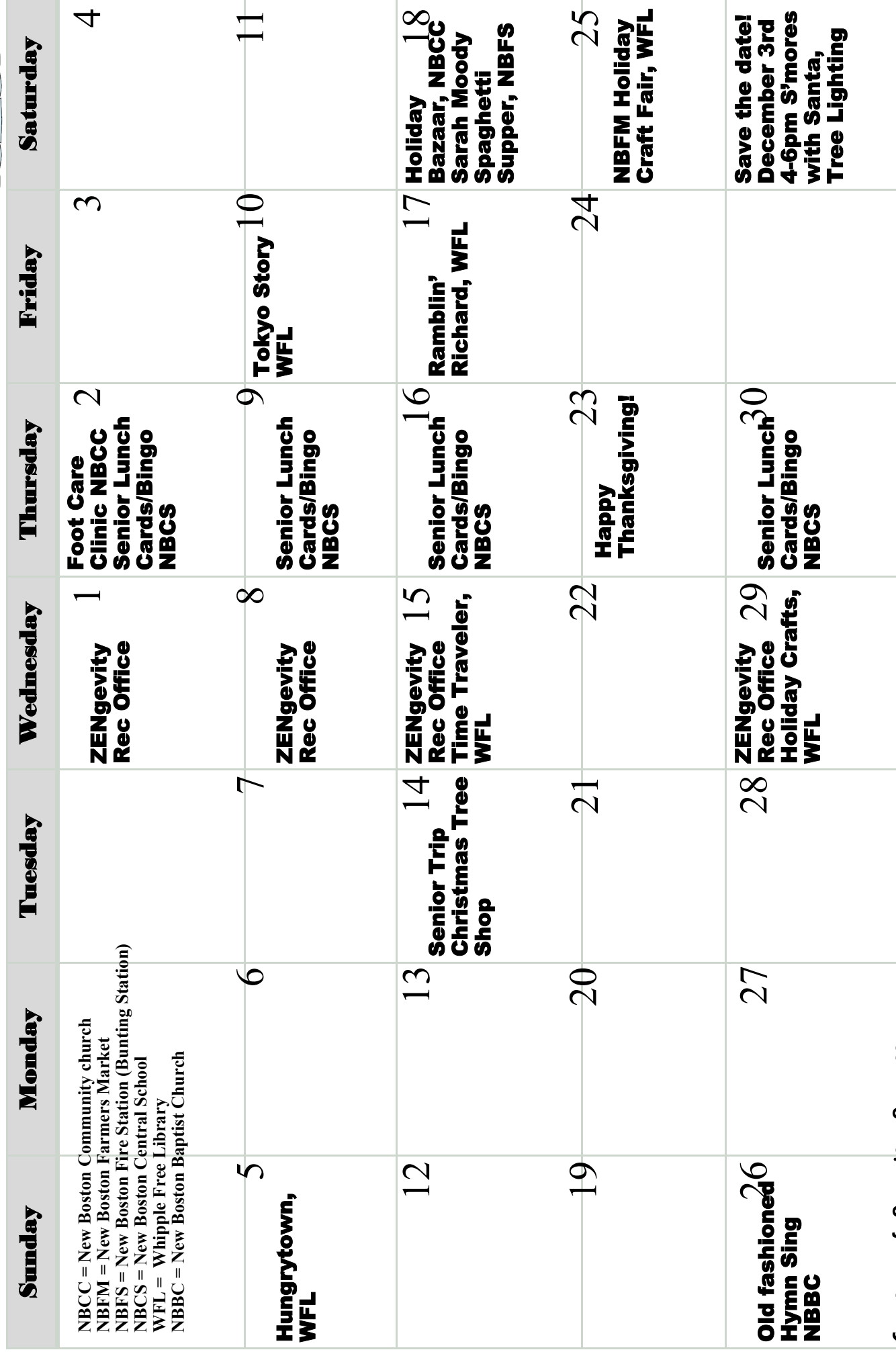
**Nov 9 Freshly Baked Pizza or Tuna Fish Sliders
Choice of Fresh Veggies & Fruits**

**Nov 16 Roast Turkey, Mashed Potato W/Gravy, Pumpkin Bread
Choice of Fresh Veggies & Fruits**

Nov 23 No Senior Lunch—Happy Thanksgiving!

**Nov 30 Penne Lasagna W/Breadstick or Egg/Cheese Sandwich
Choice of Fresh Veggies & Fruits**



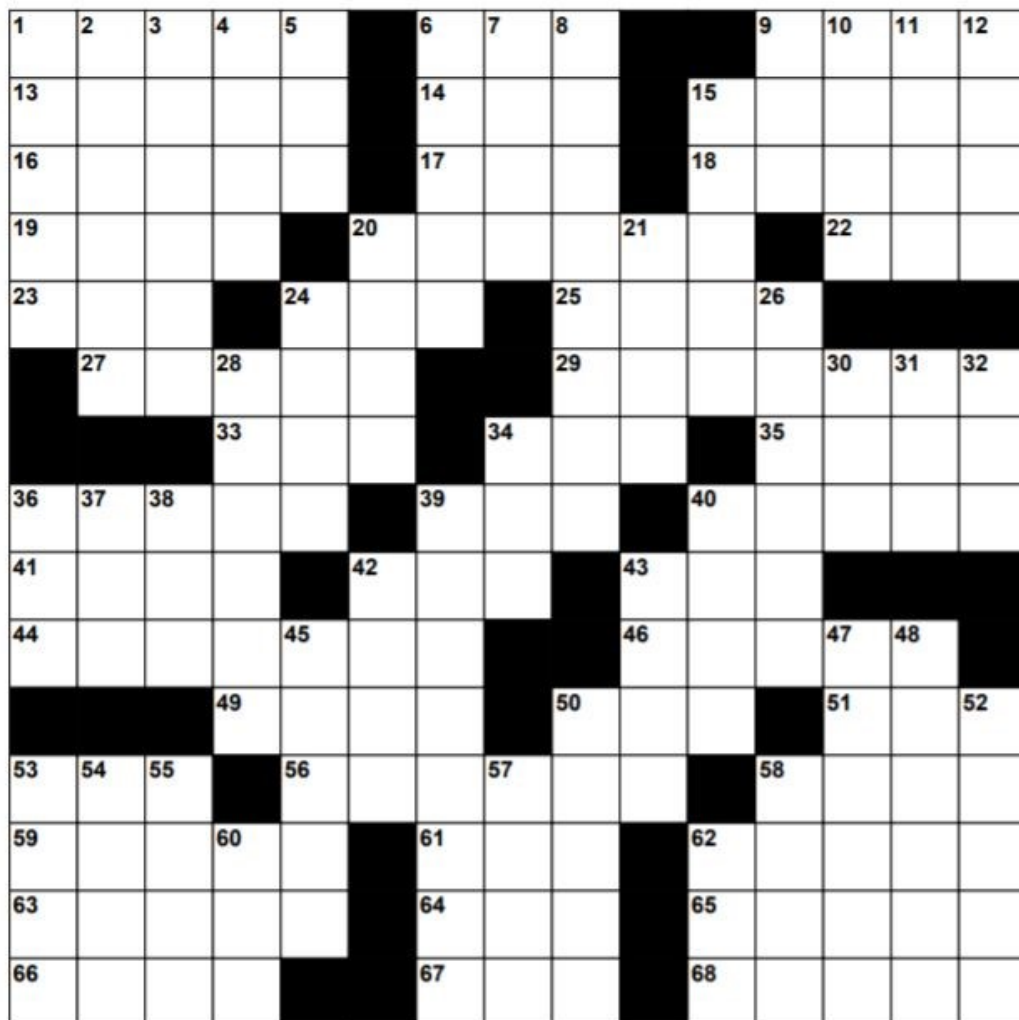


CROSSWORD PUZZLE

Center of Gravity Gazette

ACROSS

- 1 Parrot
6 Villain
9 Commitment
13 Love Intensely
14 Gone by
15 Masculine
16 Tiny island
17 Shoveled
18 Prince ____, Eddie Murphy film role
19 Where animals are kept
20 Shrewd
22 Perceive
23 Sea eagle
24 Farewell
25 Cast metal
27 Computer memory units
29 Ape
33 Rodent
34 Scriptural you
35 Dorm dweller
36 Food made with grain
39 Large number
40 Picture
41 Reserve Officers Training corps.
42 Adjust
43 Place
44 Reducing
46. Property
49 Stuck up person
50 Advertisements
51 Married woman
53 Stretch to make do
56 Hand Weapons
58 Canned meat brand
59 Variety Show
61 Affirmative gesture
62 Not dead
63 Unreactive
64 Government agency
65 Hand lotion brand
66 ____on the cob
67 Gender
68 Hair care product brand



By Evelyn Johnson - www.qets.com

DOWN

- 1 Indian corn
2 Sop up
3 Territory set by a distant country
4 Greek god of war
5 Rainy
6 Highly trained group
7 Water (Sp.)
8 Plane battle
9 Grows acorns
10 Experts
11 Biblical "you"
12 Place where one lives or dwells
15 Civil authority
20 Saclike structures filled with fluid
21 Helen of ____
24 Necklace part
26 German "nothing"
28 Parcels of land
30 Toilet
32 Hubbub
34 Toddler
36 Women's undergarment
37 Steal
38 Airport abbr.
39 Femurs (2words)
40 Domestic cat
42 Frozen precipitation
43 Note____(plr.)
45 Set in
47 Domain
48 Go from place to place
50 Large, whitish antelope
52 Sense odor
53 Little Mermaid's love
54 Game of chance
55 Always
57 Twined fibers
58 Speak indistinctly
60 Vase
62 American College of Physicians (abbr.)



ON GOLDEN POND TOUR
SQUAM LAKE
HOLDERNESS, NH



SLIDERS
NEW BOSTON, NH



JFK MUSEUM
BOSTON, MA

Our Next Senior Outing is to The Christmas Tree Shop and LL Bean Outlet followed by Lunch at The Peddler's Daughter—Tuesday November 14th.

We are leaving the town hall parking lot at 9:30am to go shopping in Nashua. After we will enjoy a lunch at The Peddler's Daughter on Main St in Nashua. If you would like to reserve a spot in the van or drive your own car and meet us, Please call Sheri in the Rec office at 487-2880 ext. 2 to get on the list.

SUDOKU PUZZLES & A LITTLE LAUGH

How to play Sudoku?

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once. What could be simpler?

Good Luck & Have Fun!!!

	8							
9		7			8			
1	5		3					2
3	9	6		8		2		1
					5	3		
	1			6		7		
4			1		6			
5	7				4			
	3							9

What did the Buddhist ask the hot dog vendor?

“Make me one with everything.”

You know why you never see elephants hiding up in trees?

Because they’re really good at it.

A dyslexic man walks into a bra.

Where does the General keep his armies?

In his sleeves!

Why aren’t koalas actual bears?

They don’t meet the koalafications.



	2	9				3		
	1	4		5			2	
	7	8		2		9	4	6
					9			
				7	2			9
			3			2		
		7		3		6	8	
4		1	6		8		3	
								1

Foot Care Clinic

Thursday —November 2

The New Boston Recreation and Home Healthcare, Hospice & Community Services have partnered to bring a Foot Care Clinic to New Boston. The Foot Care Clinics will be held the first Thursday of the month at the New Boston Community Church by appointment. You need to call Home Healthcare, Hospice & Community Services to schedule an appointment. Appointments are \$25 for New Boston residents and \$50 for non-residents and last between approximately 20 and 40 minutes.

Foot Care Can Be Difficult:

As we age we sometimes have problems easily caring for our feet. Conditions such as arthritis may hinder our flexibility. Cataracts and other eye problems can make it hard to see what we're doing. Nails may become thick and awkward to trim.

Services the nurse will provide at the Foot Care Clinic are:

- »Trims your toenails
- »Teaches you about good foot care
- »Massages your feet with lotion
- »Checks your feet for problems
- »Refers you to your podiatrist or medical doctor, or for shoe fittings, if needed



How Can I Make An Appointment?

Call Home Healthcare, Hospice & Community Services at 603.352.2253 or 1.800.541.4145

Old Fashioned Hymn Sing

Sunday, November 26

1:00 pm at the New Boston Baptist Church

All are welcome to join in for an afternoon of singing old fashioned Hymns

For more information call 487-2713



Helping Hands of New Boston

A volunteer service of the New Boston Community Church

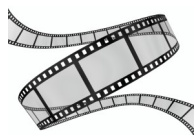
Helping Hands of New Boston is a program to assist our seniors & the caretakers of loved ones in need, by offering in-home respite. Services include light housekeeping, reading, companionship.

Call Deborah Demazure 603-325-5406 or Woody Woodland 487-3643




Sunday, November 5 at 4 PM: Hungrytown (a folk concert)

After more than a decade of world-wide touring and three album releases, Rebecca Hall and Ken Anderson--otherwise known as the folk duo Hungrytown--have earned a reputation for the quality and authenticity of their songwriting: "It's great to hear an act eschew sentimentality in favor of honesty and to prove that you don't have to go raiding the memory of others to find the stuff that really good songs are made of," writes Jedd Beaudoin of *Popmatters*.


Friday, November 10 at 7 PM: Second Friday Foreign Film - Tokyo Story

An elderly couple journey to Tokyo to visit their children and are confronted by indifference, ingratitude and selfishness. When the parents are packed off to a resort by their busy, impatient children, the film deepens into an unbearably moving meditation on mortality. Japan 1953


Wednesday, November 15 at 7 PM: Richard Rubin, "Back Over There: One American Time Traveler a 100 Years Since the Great War"

Richard Rubin, author of "The Last Doughboys: the Forgotten Generation and the Forgotten War" will discuss his new book "Back Over There: One American Time-Traveler 100 years since the Great War. He will talk about America's essential role in World War I, its lasting legacy, and how it is remembered (in France) and isn't (here at home). The talk is accompanied by a PowerPoint slideshow. "The Last of the Doughboys" is available to check out at the circulation desk. This program is sponsored by a mini grant from the NH Humanities Council.


Friday, November 17 at 7 PM: Ramblin Richard Songs and Stories from WWI

It was known as "the Great War," "The War to end all Wars," and 100 years after the United States sent "Doughboys" to Europe we remember the songs and stories from the time- "Over There" and over here. "Songs and Stories from World War I, a Hundred Years Later" is an entertaining and informative program presented by "Ramblin' Richard" Kruppa who sings the songs that were popular and tells the interesting stories of how the songs related to the life and the times of Americans of that era. Many of the songs have remained beloved to this day, including: "When Irish Eyes are Smiling," "It's a Long, Long Way to Tipperary," and "How Ya Gonna Keep 'em Down on the Farm." Richard Kruppa, known musically as "Ramblin' Richard," is a member of the New England Foundation for the Arts. He is retired professor who studied Gospel and American folk music, and an active musician who makes more than 300 performances each year. He tells the stories and sings the songs while accompanying himself on guitar, 5 string banjo and baritone ukulele.

Wednesday, November 29 at 6 – 7:30 PM: Holiday Crafts

Why should kids have all the fun. Join us for an evening of holiday make and take items. Registration required. Sign up at the front desk, call 487-3391 or email Rennie at adultserviceswfl@gmail.com



Monday, December 4 at 6 PM: Bon appetit- This month participants will bring home made prepared food goodies to share. A "foodies" cookie swap. Please register so that participants know how many items to bring. Call 487-3391 or email Rennie at adultservicewfl@gmail.com

HELP WANTED: the library is looking for VOLUNTEERS to help us with an assortment of activities. If you have an hour or two you can devote to community service, weekly or monthly we would greatly appreciate your help. Contact Rennie at the front desk.

Artist Exhibit in Main Foyer: *Calling all local artists, want to display your work? Contact Rennie at the front desk.*

More Whipple Free Library News on Page 9!

NEW! This just in: Wednesdays 10am to 12:30pm in November—Wool Rug Braiding Class

Learning to make braided rugs from wool!

For more information please call Diane Bryson at 603-401-3398

Alternating Mondays, 2:30 – 4:30 PM: Drop-in Chess Club for Everyone

facilitated by Stephen Wicks

Whether you want to learn the game, sharpen your skills, or just find someone new to play, all ages and abilities welcome.

Boards will be provided or bring your own. Call for dates and times. 487-3391



Wednesdays at 5 PM: Whipple Free Library Ukesters (NEW MEETING TIME)

Interested in learning to play the ukulele. Join the Ukesters for a fun filled evening of comradery and music. This group meets every Wednesday evening throughout the year.



Thursdays at 10 AM: Fiber Arts

Knit, crochet, quilt, felt, any fiber art project, join us. Bring a project you are working on. All skills are welcome! FREE and open to all.

Thursdays at 7 PM: Beginners Bridge

An opportunity to meet friends and new members of our community in an informal setting at the library. Please contact Rennie for details and sign up.



Fridays at 1 – 3 PM: Mah Jong Call for more details. 487-3391

PUZZLES, PUZZLES, PUZZLES- we are in need of puzzles for our community puzzle table. Puzzles must be 500 pieces or less. Drop off at front desk. Thanks!



Body • Brain • Balance

**Are you ready to change your life,
to stay independent, get energized,
be strong, be happy and live longer?**

Then ZENgevity Fitness is for you!

No need to run a marathon or lift a100 lbs. at the gym, ZENgevity is Real exercise for Real People! For ages 50 and better! And have fun with it!!!

Wednesdays, November 1 — December 20 (no class Nov 22)

9:30 - 10:30 am

\$35 for 7-weeks or Drop-in for \$5 per class

Old Engine House/New Boston Recreation Office

(Please check with your physician to verify your health will permit you to participate in this class)

Register at the New Boston Recreation Office, 5 Meetinghouse Hill Rd.,

Old Engine House 487-2880 or online

Whatever's good for your soul...do that.



Farmers Market Holiday Craft Fair

Saturday, November 25 ~ 9 am to 2:30 pm ~ Whipple Free Library

Karen's Jewelry—Handcrafted unique jewelry and aprons
 Art From Outdoors—Scenery Pillow, aprons & tot bags
 Ocean Current Art—Sea glass art
 The Gypsy Fae—Handmade, upcycled & revamped clothing, accessories & jewelry
 New Boston Quilter—Quilts, table runners, wool mittens, "schmoops" & little girl dresses
 Mary Kearns—Fleece blankets, hand knitted & crocheted scarves, felt & fleece ornaments
 Forevergreen Healing—All natural skin & personal care products
 Yakum Hill farm—Candles made w/soy wax, fragrance & essential oils
 Clayton's Way Farm—Handmade & felted soaps, shea butter, pumice stones, body powders
 Greentwist Acres—Felt tipped marker silhouette wood ornaments, wreaths, swags, feathers
 KC Cottage Creations—Fairy garden accessories, home & garden decor
 Buddie Sweaters—Uniquely designed sweater for kids & adults
 Steven Hobbs—Novels "New Hope" & "Retreads"
 Hillcroft Farm—Maple syrup, maple sugar, maple cream & maple candy
 Jax Sax/Gary's Carvings—Mittens from upcycled woolen sweaters: Caricature carvings/canes
 Deer Meadow Homestead—Jams, jellies, granola & pie filling
 Cards by Maggie—3D greeting cards
 DJ's Pure Honey—Honey: Comb, candy, cream & hot pepper infused: Bees wax, lip balm
 The Healthy Porcupine—Handmade soaps, (tallow from NH farms) Volcanic sea salt bars



Holiday Bazaar

Saturday, November 18

9 am to 2 pm

Community Church of New Boston

Local Crafters and Vendors
 Handicrafts ~ Attic Treasures ~ Quilt Raffle ~ Baked Goods
 Hot Lunch & Door Prizes!

Sponsored by the New Mizpah Circle of the Community Church of New Boston





Giving Trees

Give back to your community this Holiday Season with our JOYFUL SHARING Giving Trees

Visit one of the Giving Trees around New Boston to donate to a family less fortunate

Donations will be given to the Community Church of New Boston to help provide gifts for children and families in need so they can have a happy Holiday Season.

You will find Giving Trees at the Town Hall, Recreation Department and Whipple Free Library.

We invite you to take an ornament as you give. Please make your donation from **Sunday, November 26 - Friday, December 8**. Checks can be made to the Community Church of New Boston



New Boston Fire Auxiliary's Sarah Moody Scholarship Spaghetti Supper



Saturday, November 18 from 5:00 - 7:00 PM

At the Bunting (New Boston Fire) Station

The supper will feature spaghetti with delicious homemade sauce, meatballs, salad, garlic bread and warm homemade apple crisp.

Prices for the dinner are \$8 per adult, \$6 per seniors & kids and a family of 4 price of \$25

Pies for sale during the supper too!!!

All proceeds are contributed to the Sarah Moody Scholarship fund for a New Boston high school senior bound for college.

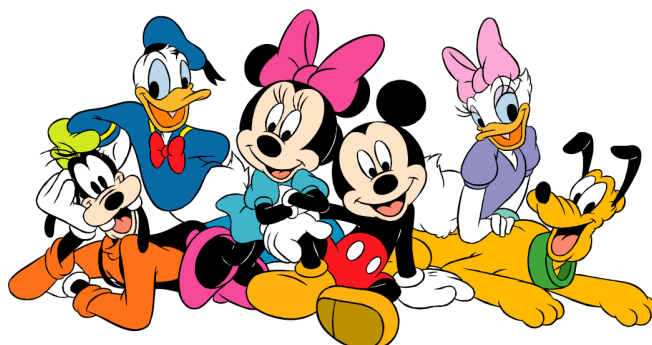
Enjoy an autumn evening and join us for an inexpensive, delicious home-made family dinner.

WORD SEARCH



Disney Characters

K	U	M	D	G	W	L	I	E	C	I	D	P	A	MICKEY MOUSE
M	K	Y	O	O	A	C	P	K	B	N	U	L	B	MINNIE MOUSE
N	I	D	C	O	L	B	H	M	M	L	M	U	A	PLUTO
E	H	N	E	F	L	L	A	I	M	K	B	T	L	DONALD DUCK
O	O	O	N	Y	E	B	W	D	P	E	O	O	O	GOOFY
L	E	T	O	I	H	C	C	O	N	I	P	B	O	BAMBI
E	N	I	C	H	E	S	H	I	R	E	C	A	T	PINOCCHIO
I	R	E	S	U	O	M	Y	E	K	C	I	M	Y	BALOO
R	E	R	M	M	O	D	O	E	L	A	D	C	D	ABU
A	K	S	L	O	O	R	L	U	I	O	A	L	O	GENIE
B	O	L	T	E	I	N	E	G	S	B	B	A	O	ARIEL
D	O	N	A	L	D	D	U	C	K	E	U	A	W	BOLT
S	K	C	U	D	Y	S	I	A	D	Y	L	N	Y	DAISY DUCK
D	I	Y	N	O	S	I	S	O	N	U	D	B	G	CHESHIRE CAT
														NEMO
														WOODY
														WALL-E
														CHIP
														DALE
														DUMBO



New Boston Historical Society

The Annual Meeting of the NBHS to elect officers and to discuss plans for 2018 will be held Thursday, November 9, 7:00 pm in the Wason Memorial Building. Everyone is welcome to attend, but only members may vote. Refreshments will follow the business meeting.

There will be no historical presentation this evening. However, this is a wonderful opportunity to see the museum. On display will be a new special exhibit, "Sporting Equipment", featuring baseball, hockey, polo, skating, horseback riding, fishing, field hockey, snowshoes, skis, skates, and other sporting equipment from the past.



Thursday
Senior
Lunch,
Cards and
Bingo!
Come Join
us!



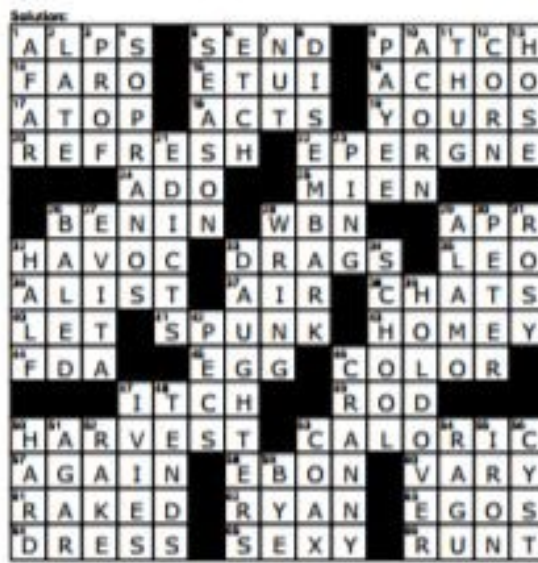
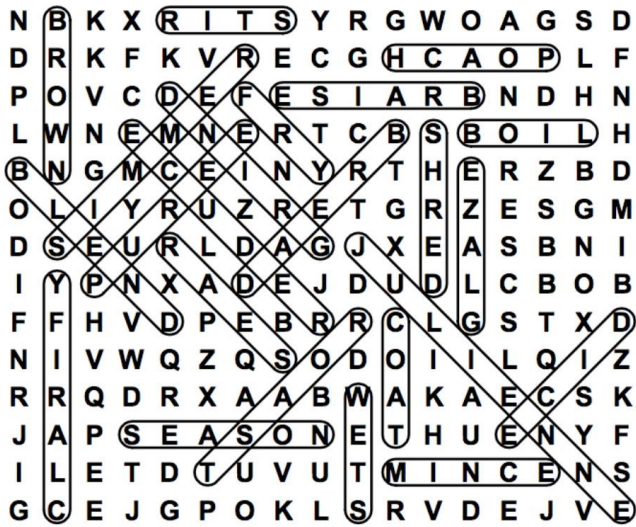
11 am
NBCS
Lunch

12 pm
Rec office
Cards and
Bingo



NEW BOSTON RECREATION
CENTER OF GRAVITY GAZETTE

October Answers



WWW.NEWBOSTONNH.GOV/RECREATION



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New Boston NH 03070
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